

Strength Training Workouts for Seniors

Beginner Strength Training Routine

Exercise	Reps	Sets	Instructions
Chair Squats	8-12	2-3	Stand from a chair, then lower back down slowly.
Wall Push-Ups	10-12	2-3	Place hands on a wall, lower yourself, and push back.
Seated Leg Lifts	8-12/leg	2-3	Sit tall, extend one leg, hold for 2 sec, lower down.
Bicep Curls	10-12	2-3	Hold dumbbells, curl towards shoulders, lower slowly.
Seated Core Twists	10/side	2-3	Sit tall, rotate torso side to side, engaging abs.
Heel-Toe Stand	Hold 10-15 sec	2	Stand heel-to-toe, hold for balance.

Chair-Based Strength Routine

Exercise	Reps	Sets	Instructions
Seated Knee Lifts	8-12/leg	2-3	Sit tall, lift one knee, lower slowly.
Seated Marching	10-15	2-3	Lift knees in place as if marching.
Seated Shoulder Press	10-12	2-3	Hold dumbbells, press overhead, lower slowly.
Seated Leg Extensions	8-12/leg	2-3	Extend one leg out, hold for 2 sec, lower.
Seated Arm Circles	10 forward, 10 backward	2	Extend arms, make small circles.
Seated Side Bends	10/side	2-3	Lean side to side, engaging core.

Full-Body Dumbbell Strength Routine

Exercise	Reps	Sets	Instructions
Dumbbell Squats	10-12	2-3	Hold dumbbells at sides, squat down, press up.
Bent-Over Rows	10-12	2-3	Hinge at hips, pull dumbbells toward ribs, lower.
Overhead Shoulder Press	8-12	2-3	Press dumbbells overhead, lower slowly.
Standing Leg Lifts	8-12/leg	2-3	Hold a chair, lift one leg to the side, lower.
Bicep Curls	10-12	2-3	Curl dumbbells toward shoulders, lower slowly.
Calf Raises	12-15	2-3	Stand tall, lift onto toes, lower slowly.

Balance & Stability Strength Workout

Exercise	Reps	Sets	Instructions
Heel-Toe Walk	10-15 steps	2	Walk heel-to-toe in a straight line, use support.
Single-Leg Stand	Hold 10-15 sec	2 per leg	Stand on one leg, use a chair if needed.
Sit-to-Stand	10-12	2-3	Stand from a chair without using hands if possible.
Step-Ups	8-12/leg	2-3	Step onto a low platform, step down slowly.
Seated Core Twists	10/side	2-3	Sit tall, rotate torso side to side.
Toe Taps	10-15	2-3	Stand behind a chair, tap toes forward and back.